



National Nutrient Database for Standard Reference

Release 28 slightly revised May, 2016

Statistics Report 09501, Apples, raw, golden delicious, with skin

Report Date: July 01, 2017 12:11 EDT

Nutrient values and weights are for edible portion.

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proximates													
Water ^{1 2}	g	85.81	7	0.187	84.77	87.52	4.0	85.272	86.339	2	Analytical or derived from analytical	--	08/2012
Energy	kcal	57	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Energy	kJ	238	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Protein ^{1 2}	g	0.28	6	0.044	0.17	0.44	3.0	0.146	0.411	2	Analytical or derived from analytical	--	08/2012
Total lipid (fat) ^{1 2}	g	0.15	6	0.017	0.07	0.23	4.0	0.104	0.201	2	Analytical or derived from analytical	--	08/2012
Ash ^{1 2}	g	0.16	6	0.032	0.07	0.28	3.0	0.064	0.259	2	Analytical or derived from analytical	--	08/2012
Carbohydrate, by difference	g	13.60	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Fiber, total dietary ^{1 2}	g	2.4	6	0.058	1.4	3	3.0	2.216	2.614	2	Analytical or derived from analytical	--	08/2012
Sugars, total ^{1 2}	g	10.04	6	0.143	8.77	11.26	3.0	9.6	10.48	2	Analytical or derived from analytical	--	08/2012

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Sucrose 1 2	g	2.07	6	0.102	0.78	2.95	3.0	1.765	2.37	2	Analytical or derived from analytical	--	08/2012
Glucose (dextrose) 1 2	g	1.87	6	0.057	1.62	2.38	1.0	1.428	2.308	2	Analytical or derived from analytical	--	08/2012
Fructose 1 2	g	6.10	6	0.087	5.61	6.63	3.0	5.835	6.373	2	Analytical or derived from analytical	--	08/2012
Lactose 1 2	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Maltose 1 2	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Galactose 1 2	g	0.00	6	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Starch 2	g	0.05	2	--	0.05	0.05	--	--	--	1	Analytical or derived from analytical	--	08/2012
Minerals													
Calcium, Ca 1 2 3	mg	6	5	0.181	5	7	1.0	4.059	7.621	3	Analytical or derived from analytical	--	08/2012
Iron, Fe 2 3	mg	0.13	3	0.004	0.1	0.18	1.0	0.082	0.185	2	Analytical or derived from analytical	--	08/2012
Magnesium, Mg 1 2 3	mg	5	5	0.077	4	6	2.0	4.589	5.499	3	Analytical or derived from analytical	--	08/2012

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Phosphorus, P 1 2	mg	10	4	0.395	10	11	2.0	8.224	12.701	2	Analytical or derived from analytical	--	08/2012
Potassium, K 1 2 3	mg	100	5	2.010	88	109	1.0	75.914	124.686	3	Analytical or derived from analytical	--	08/2012
Sodium, Na 3	mg	2	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Zinc, Zn 1 2 3	mg	0.04	5	0.008	0.01	0.07	1.0	-0.045	0.121	3	Analytical or derived from analytical	--	08/2012
Copper, Cu 2 3	mg	0.030	3	0.000	0.03	0.04	1.0	0.026	0.034	2	Analytical or derived from analytical	--	08/2012
Manganese, Mn 1 2 3	mg	0.035	5	0.001	0.03	0.04	1.0	0.029	0.042	3	Analytical or derived from analytical	--	08/2012
Selenium, Se 2	µg	0.0	1	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Vitamins													
Thiamin 1 2	mg	0.018	4	0.001	0.01	0.03	2.0	0.012	0.024	2	Analytical or derived from analytical	--	08/2012
Riboflavin 1 2	mg	0.026	4	0.002	0.01	0.04	2.0	0.018	0.035	2	Analytical or derived from analytical	--	08/2012
Niacin 2	mg	0.094	2	--	0.09	0.1	1.0	--	--	1	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Pantothenic acid 1 2	mg	0.074	4	0.005	0.03	0.13	1.0	0.01	0.137	2	Analytical or derived from analytical	--	08/2012
Vitamin B-6 1 2	mg	0.051	4	0.003	0.04	0.06	1.0	0.018	0.083	2	Analytical or derived from analytical	--	08/2012
Folate, total	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Folate, food	µg	3	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Choline, total	mg	5.1	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin A, RAE 1 2	µg	3	4	0.250	2	3	2.0	1.485	3.64	2	Analytical or derived from analytical	--	08/2012
Carotene, beta 1 2	µg	25	4	2.704	17	31	2.0	11.299	38.201	2	Analytical or derived from analytical	--	08/2012
Carotene, alpha 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012
Cryptoxanthin, beta 1 2	µg	12	4	1.275	10	16	1.0	-1.623	25.623	2	Analytical or derived from analytical	--	08/2012
Vitamin A, IU 1 2	IU	51	4	5.009	38	65	2.0	29.699	72.801	2	Analytical or derived from analytical	--	08/2012
Lycopene 1 2	µg	0	4	0.000	0	0	--	--	--	2	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Lutein + zeaxanthin 1 2	µg	28	4	2.915	23	34	2.0	11.879	43.121	2	Analytical or derived from analytical	--	08/2012
Vitamin E (alpha-tocopherol)	mg	0.18	--	--	--	--	--	--	--	--	Calculated or imputed	--	08/2012
Vitamin K (phylloquinone) 1 2	µg	1.8	4	0.050	1.6	2.1	1.0	1.165	2.435	2	Analytical or derived from analytical	--	08/2012
Lipids													
Fatty acids, total trans	g	0.000	--	--	--	--	--	--	--	--	Assumed zero	--	06/2015
Amino Acids													
Tryptophan 2	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Threonine 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Isoleucine 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Leucine 2	g	0.014	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Lysine 2	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Methionine 2	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Cystine 2	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Phenylalanine 2	g	0.007	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Tyrosine 2	g	0.001	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Valine 2	g	0.013	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Arginine 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Histidine 2	g	0.005	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Alanine 2	g	0.012	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Aspartic acid 2	g	0.075	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Glutamic acid 2	g	0.026	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Glycine 2	g	0.009	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012

Nutrient	Unit	Value Per100 g	Data Points	Std. Error	Min	Max	df	LB	UB	# Studies	Source	NDB Ref	Last Modified
Proline 2	g	0.006	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Serine 2	g	0.011	--	--	--	--	--	--	--	--	Analytical or derived from analytical	--	08/2012
Flavonoids													
Anthocyanidins													
Cyanidin 7 8 9	mg	0.00	--	0	0	0	--	--	--	--	--	--	--
Petunidin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Delphinidin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Malvidin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Pelargonidin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Peonidin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavan-3-ols													
(+)-Catechin 7 8 9 10	mg	0.6	--	0.06	0	1.6	--	--	--	--	--	--	--
(-)-Epigallocatechin 10	mg	0.3	--	0.2	0	0.71	--	--	--	--	--	--	--
(-)-Epicatechin 7 8 9 10	mg	5.5	--	0.97	1.32	9.2	--	--	--	--	--	--	--
(-)-Epicatechin 3-gallate 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
(-)-Epigallocatechin 3-gallate 10	mg	0.2	--	0.11	0	0.4	--	--	--	--	--	--	--
(+)-Gallocatechin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavanones													
Hesperetin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Naringenin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Flavones													
Apigenin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Luteolin 10	mg	0.0	--	--	0	0	--	--	--	--	--	--	--
Flavonols													
Myricetin 10	mg	0.0	--	0	0	0	--	--	--	--	--	--	--
Quercetin 7 8 9 10	mg	3.7	--	0.73	1.57	4.65	--	--	--	--	--	--	--
Proanthocyanidin													
Proanthocyanidin dimers 4 5 6	mg	7.4	--	1.64	4.58	10.6	--	--	--	--	--	--	--
Proanthocyanidin trimers 4 5	mg	4.7	--	1.37	2.88	6.4	--	--	--	--	--	--	--
Proanthocyanidin 4-6mers 5	mg	21.8	--	1.21	20.58	23.17	--	--	--	--	--	--	--
Proanthocyanidin 7-10mers 5	mg	18.8	--	1.01	17.55	19.98	--	--	--	--	--	--	--
Proanthocyanidin polymers (>10mers) 5	mg	26.5	--	2.77	23.17	29.78	--	--	--	--	--	--	--

¹Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5j, 2001 Beltsville MD

²Nutrient Data Laboratory, ARS, USDA National Food and Nutrient Analysis Program Wave 5b, 2000 Beltsville MD

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